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**Re-Initializing Reiki**

Update your personal connection to Reiki and your healing guides. (intro price of \$89 includes \$20 off a private session with Norma)

### *a Healing Meditation for the Equinox* **Merging Multiple Realities**

Dear Friends,

I have been drawn to consider the role our lowest chakras play in determining whether or not we feel safe in the world. Especially when multiple opinions are each expressed as ultimate truths, it is our own sense of self, or our 'gut instinct', that informs us best. This past year, and I suspect the upcoming months and years, will be a time to utilize and strengthen our ability to know what is our truth, and how to choose what to give our energy and attention to in the outer world.

While frustrating and often unwieldy events surround us, this is a time of clarifying what we each desire to emphasize and nourish within our lives. And as these cycles tend to be linked to both astrology and more mystical events, I feel this is occurring around the equinox so that we might choose and maintain very deep changes in our lives more easily.

One visible sign of wanting to change is inflicting it first upon others, and then upon ourselves. I use the term 'inflict' on purpose; as this is a quality of change that does not emerge from within. Rather it is a thought that we think and then we think how to make it happen. Here is an example:

Sometimes we feel that we ought to be completed with a project, or be in the position of having achieved something, or having arrived somewhere in our lives 'by now'. During these times Patience is more than a virtue, it is what keeps us from jumping off the ship before it has fully pulled into port. The urgency we are experiencing may be thought of as a folding of multiple nearby realities into our own. Or perhaps we are folding into one of them...which one we end up within is up to each of us. What exists in another version of our lives is palpable, but has not yet arrived into this lifetime's reality. The still point of the equinox is one point at which we can choose if, and how, to integrate ideas from other realities.

In the weeks surrounding an equinox the Earth's geomagnetic field cracks open, allowing energies to both enter and depart, from the earth. This year you may also notice something similar happening in your own aura, as pieces of alternate realities (or seemingly odd possibilities) seem to emerge suddenly out of nowhere while long past issues come into your awareness. If you learned the left-brain version of the MerKaBa meditation, now is a good time to dust it off and use it. As taught by Drunvalo, the left-brain version will steady your personal magnetic field, so you are less impacted by the Earth's magnetic field opening. I can also assist you with this in [Private Sessions](#).

For this reason I am offering a Healing Meditation during the equinox to help us integrate pieces of new realities into our lives and ease ourselves more comfortably into the emerging vibration our souls and bodies are choosing to live within.



**Healing Meditation**  
 Tues, March 20 9pm EDT/6pm Pacific  
 phone & online

Norma Gentile  
 sound shaman

**Merging  
 Multiple Realities**

HealingChants.com

ONLINE: on t  
 Facebook pag  
<http://www.fac>

BY PHONE:  
 7031 Access

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I offer this meditation at no charge. If you find it useful, please do consider a donation to balance out your experience of healing with my time, expertise, and the technical cost of offering this healing meditation.



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**LISTEN NOW**

**Power vs. Love; identifying and healing patterns of narcissism, victimhood and people-pleasing**

Show #4

Laura Knop had me as a guest on her radio show, Let's Get Real! discussing narcissism; how we are too easily blinded by narcissists who block our Third Eye/intuition, and pull the energetic grounding out from underneath our bodies. Healing this pattern is crucial, I believe, in order to truly ground, trust our body's telepathic signals, and clearly receive insights from our guides. This is a commercial radio show, so yes, there are commercials. It is Show #4 You can listen (or download the mp3) at this link: <https://www.spreaker.com/show/2814757>

## BACKGROUND

People who readily behave like narcissists lie hidden within our lives. Usually they hide in plain sight! We don't see them because the principle traits and behaviors of Narcissistic Personality Disorder are acceptable in American society. The list of narcissistic behaviors is simple to find with an Internet search...or while observing our current political leaders.

On an energetic and spiritual level, souls expressing through a narcissistic personality offer those around them the opportunity to see and experience one of the major polarities within our reality. We each have a choice in how we interact with others. We can wield power over them, or aspire to creating a loving relationship with them. Narcissists stand upon our world stage and offer us the gift of watching the results of choosing power over love.

As a psychic energy healer, I have become aware of how narcissists wield power and blind us to their control over us. In this hour I will explain how narcissists block our Third Eye (and intuition), take over our grounding, ( which often begins in early childhood), and gaslight us, convincing us that we are wrong, useless and must rely on them alone. Narcissists ultimately create enmeshed and co-dependent relationships with those around them. They exist because we (unconsciously) feed and encourage them. The reverse of a narcissist is a people-pleaser. We each have the potential to express either aspect.

My intention is to support an awakening to how we have been drawn into co-dependent relationships with narcissists, and begin to unwind the connective psychic cords and energies.

## UPCOMING EVENTS

### Private Healing Sessions

now available by phone world-wide or in person in SE Michigan

March 20

**Equinox Healing Meditation online/phone**

June 23

**Meditation Concert - Ann Arbor**

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[http://www.healingchants.com/newsletter2018\\_01.html](http://www.healingchants.com/newsletter2018_01.html)**

## Private Healing Sessions

(offered in person or by phone)

Sessions include both information from your guides and angels, as well as healing energies to facilitate changes your Soul desires in your body and your life. This multi-faceted approach is notably deep and most people find that one or two sessions provides them with substantial, lasting and profound change. The kind of change that is so complete that there is little or no going back to the other ways of being.

In these healing sessions the spiritual foundation of who you are (the portion of your soul incarnating right now) engages with your body in a new way. This allows what does not reflect your Soul and body to be revealed, understood, and released. Simply put, the real world version of you catches up with the spiritual foundation of who you truly are. After the healing session your Soul, body and life will reflect each other more accurately.

### **How Your Healing is Supported**

I do not intend or focus healing so that your body looks perfect, or that your aura looks like it does in a book. My guides consult and follow your guides, asking at each organ, each chakra, each issue in your life; what is it that your body and Soul choose?

What is your next step? And in this process, allowing whatever no longer serves your Soul's journey to be released.

A recording is made of the session. When you listen to the recording your guides and the healing angels will return to continue to help your personal inner understanding and release continue. Sessions are \$215 and last about an hour. Please be in touch with me to secure an appointment time. [office@healingchants.com](mailto:office@healingchants.com) or 734-330-3997. [Read more about private healing sessions here](#)

Dear Friends,

I am so excited to share with you a video from my new online course, [Re-Initializing Reiki](#). Please have a look, and feel free to share with others.

The world has changed  
You have changed  
Reiki has changed

Why wait?  
Step into your new connection with Reiki and your healing guides and angels [now](#).

sample video

### The Spiral and Linear Paths of Healing from the online course: [Re-Initializing Reiki](#)

## [New Online Video Courses!](#)

(special early-bird pricing and a coupon for \$20 off a [Private Session](#))



**Re-Initializing Reiki**  
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**How Healing Happens**  
Insights and meditations to help you get out of the way of



Let yourself hear and follow the money guides you right now

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Here are some additional free offerings.  
Yes, please share these newsletters with your friends, your email circle and social media.

**Norma's Audio Meditations are available as free podcasts at [iTunes](#)  
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MEDITATION:  
**Navigating Chaos in a Sacred Manner**  
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SONG  
**Revealing Your Innate Grounding**  
[Song Only Audio](#) (3 mins long)

[iTunes](#)      [Transcript & more information](#)

**THIS MEDITATION INCLUDES:**

**Empowering Yourself**  
Releasing other people's energies, including their guides/angels, especially from behind your navel chakra and lower back. This can help tremendously to relieve chronic pain and kidney issues.  
**Recognizing and Clearing Psychic Energies from Your Parents/Family/Spouse**

When we are full of our own energies, it is very difficult for other energies to re-enter, and for energies that aren't us, to find a home within us.

More of Norma's healing songs, along with videos, can be found under [Sound Healings and Recordings](#). Her albums are available on [iTunes](#) and at [Amazon](#)

These meditations are very similar to what I offer in my [Private Healing Sessions](#). If you are drawn to this idea, read more about my healing sessions [here](#).

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